Swing time

Regina's first indoor baseball training centre is a hit with local players eager to up their game PAGE 3

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EVERYBODY'S GOT A NOVEL IN THEM, RIGHT? THESE FIVE TIPS WILL HELP YOU GET IN ON THE ELECTRONIC BOOK EXPLOSION PAGE 10

REGIONAL metro®

Monday, December 17, 2012

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'These tragedies must end'

U.S. President Barack Obama speaks at an interfaith vigil on Sunday in memory of the shooting victims of Sandy Hook Elementary School in Newtown, Conn. In an impassioned speech, Obama noted this was the fourth time in his presidency he had to visit a community in the aftermath of a mass shooting. More coverage, page 4. OLIVIER DOULIERY/POOL/GETTY IMAGES

Newtown, Conn.

Barack Obama pays tribute to the victims of Friday's mass shooting

He spoke for a nation in sorrow, but the slaughter of all those little boys and girls left U.S. President Barack Obama, like so many others, reaching for words. Alone on a spare stage after the worst single day of his presidency, Obama was a parent in grief.

"I am very mindful that mere words cannot match the depth of your sorrow, nor can they heal your wounded hearts," Obama said at an evening vigil in the grieving community of Newtown, Conn. "I can only hope that it helps for you to know that you are not alone in your grief."

The massacre on Friday of 26 children and adults at Sandy Hook Elementary elicited horror around the world, soul-searching in the United States, fresh political debate about gun control and questions about the incomprehensible — what drove the suspect to act.

It also left a newly re-elected president openly grappling for bigger answers. Obama said that in the coming weeks he would use "whatever power this office holds" to engage with law enforcement, mental-health professionals, parents and educators in an effort to prevent more tragedies like Newtown.

"Can we say that we're truly doing enough to give all the children of this country the chance they deserve to live out their lives in happiness and with purpose? I've been reflecting on this the last few days," Obama said, as some in the audience wept.

"If we're honest with ourselves, the answer is no."

He promised to lead a national effort but left unclear what it would be and how much it would address the explosive issue of gun control.

"What choice do we have?" Obama said. "Are we really prepared to say that we're powerless in the face of such carnage, that the politics are too hard?"

"We can't tolerate this any more," he said. "These tragedies must end. And to end them, we must change."

He closed his remarks by slowly reading the first names of each of the 26 victims.

"God has called them all home. For those of us who remain, let us find the strength to carry on and make our country worthy of their memory," he said.

For Obama, ending his fourth year in office, it was another sorrowful visit to another community in disbelief. All the victims were killed up close by multiple rifle shots. The toll: six adults and 20 boys and girls, all of whom were just six or seven years old.

Privately, Obama told Connecticut Gov. Dannel Malloy that Friday was the most difficult day of his presidency.

Authorities said Sunday that the gunman — alleged to be Adam Lanza — was carrying an arsenal of hundreds of rounds of especially deadly ammunition — enough to kill just about every student in the school if given enough time, raising the chilling possibility that the bloodbath could have been far worse.

The disclosure sent shudders throughout the community as grieving families sought to comfort each other during church services.

Many of Newtown's 27,000 people wondered if life could ever return to normal. And as the work week was set to begin, parents weighed whether to send their own children back to school.

"I feel like we have to get back to normal but I don't know if there is a normal anymore," said Kim Camputo, mother of two children, ages 5 and 10, who attend a different school. "I'll definitely be dropping them off and picking them up myself for a while."

THE ASSOCIATED PRESS

A child's question

"The little children, are they with the angels?"

A six-year-old Newtown girl to her mother, in the aftermath of the carnage.

Referendum rigged?

Egyptian rights groups call for a repeat of the first round of voting on the draft constitution, citing violations PAGE 6

No ordinary family

Actress Leslie Mann talks about working with her children and husband in the new comedy, This is 40 PAGE 12

Seahawks soar in T.O. rout

Seattle crushes the Buffalo Bills 50-17 in front of thousands of fans at Rogers Centre PAGE 17

U of R Cheerleaders

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Good luck at the ICU World University
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University of Regina

Crime

Unidentified body found

A body was discovered on the 1100 block of Cameron Street on Friday and the death has been ruled suspicious. The Regina Police Service and the Office of the Chief Coroner are currently investigating.

When police arrived at the house shortly after 9 p.m. on Friday, they located the body of a person but were unable to determine the age or gender of the deceased.

Anyone with information should contact the Regina Police Service at 306-777-6500 or Crime Stoppers at 1-800-222-8477.

METRO

Recycling

Fleury Street oil drop-off closing

The used oil material drop-off EcoCentre at 1301 Fleury St. will close permanently on Tuesday. The facility stopped collecting used oil materials on Friday.

A crane and truck will be on site Wednesday, Dec. 19 to remove the building.

The used oil recycling program continues at 10 other collection points in the city. These locations accept only small volumes of used oil, used oil filters and used plastic oil containers.

"The EcoCentre is being relocated. The new location and owner/operator will be announced as soon as possible in 2013," said Merv Hey, program operations manager at the Saskatchewan Association for Resource Recovery Corp.

METRO

Batter up! Baseball lovers find a home

Competitive edge.
New training centre gives Saskatchewan's players a chance to work on their game during the off-season

JEFF MACKEY
jeff.mackey@metronews.ca

Spencer Davis works on his swing. The new RBI Training Centre features a variety of indoor facilities. JEFF MACKEY|METRO

Saskatchewan doesn't have the optimum climate for baseball. Even when the fields aren't covered in snow, games are at the whim of rain and wind delays. Because of this harsh truth, Saskatchewan's baseball players spend less time on the mound than their U.S. —or even Canadian— counterparts.

That is why Ben Fines, co-founder of RBI Training Centre, decided to take the game indoors.

"We are competing against Americans that get to train outside on baseball fields all year round," said Fines. "Canadians get two or three, sometimes four months of game time in the summer."

RBI opened its doors on Oct. 22 this year in Regina and is looking to recapture that competitive edge for Saskatchewan. The indoor facilities at RBI offer players a chance to work on their swings and pitches no matter how gruesome the weather.

"We have actual clay mounds and bullpens sectioned off," said Fines. "Or we can pull the nets aside and pitchers can throw to batters live with catchers and really have a game experience indoors."

These are the only facilities of their kind in Saskatchewan and Fines says so far, the reception has been great.

"Right now baseball (in Regina) is just starting to hit a new level," said Fines. "We are starting to catch up with the other provinces like Alberta, Ontario and B.C. that have private programs that have been established for 20 some odd years."

"It (Saskatchewan) may be a baby province as far as baseball goes, but our goal is to get us really competing at a national and international level," he added.

Playing catch up

"Right now, baseball in Regina is just starting to hit a new level ... we are starting to catch up with the other provinces like Alberta, Ontario and B.C."

Ben Fines, co-founder, RBI Training Centre

School massacre. Leftover ammo suggests an even deadlier plan: Police

The gunman in the Connecticut shooting rampage was carrying an arsenal of hundreds of rounds of especially deadly ammunition — enough to kill just about every student in the school if given enough time, authorities said Sunday, raising the chilling possibility that the bloodbath could have been far worse.

Adam Lanza shot himself in the head just as he heard police drawing near to the classroom where he was slaughtering helpless children but he had more ammunition at the ready in the form of multiple high-capacity clips, each capable of holding 30 bullets.

The disclosure on Sunday sent shudders throughout this picturesque community in the northeastern U.S., as grieving families sought to comfort each other during church services devoted to impossible questions, like that of a six-year-old girl who asked her mother: "The little children, are they with the angels?"

With so much grieving left to do, many of Newtown's 27,000 people wondered whether life could ever return to normal. And as the work week was set to begin, parents weighed whether to send their own children back to school.

Adam Lanza posing for a photo that appeared in the Newtown High School yearbook. THE ASSOCIATED PRESS

Amid the confusion and sorrow, stories of heroism emerged, including an account of the principal Dawn Hochsprung, 47, and the school psychologist, Mary Sherlach, 56, rushing toward Lanza in an attempt to stop him. Both died.

THE ASSOCIATED PRESS

Silver lining. Stories of bravery continue to emerge after shooting

A worker who turned on the intercom, alerting others in the building that something was very wrong. A custodian who risked his life by running through the halls warning of danger. A clerk who led 18 children on their hands and knees to safety, then gave them paper and crayons to keep them calm and quiet.

Out of the ruins of families that lost a precious child, sister or mother, out of a tight-knit town roiling with grief, glows one bright spot: the stories of staff members at Sandy Hook Elementary School, who may have prevented further carnage through selfless actions and smart snap judgments.

District Superintendent Janet Robinson noted "incredible acts of heroism" that "ultimately saved so many lives."

"The teachers were really, really focused on their students," she told reporters Saturday.

Some of them made the ultimate sacrifice.

THE ASSOCIATED PRESS

U.S. Democrats call for gun restrictions

Second amendment doubts. Advocates say the latest shooting in Connecticut could be a tipping point to changing the debate dramatically

Cheryl Girardi, of Middletown, Conn., kneels beside 26 teddy bears, each representing a victim of the Sandy Hook Elementary School shooting, at a sidewalk memorial on Sunday in Newtown, Conn. A gunman walked into the elementary school in Newtown on Friday and opened fire, killing 26 people. DAVID GOLDMAN/THE ASSOCIATED PRESS

Democratic lawmakers said Sunday that military-style assault weapons should be banned and that a national commission should be established to examine mass shootings in the United States.

The proposals were among the first to come from Congress in the wake of Friday's massacre at a school in Newtown, Conn. Gun rights activists remained largely quiet on the issue; all but one declining to appear on the Sunday talk shows. Meanwhile, Democrats vowed action and said it was time to hear from voters — not gun lobbyists — on how to prevent the next shooting.

The time for "saying that we can't talk about the policy implications of tragedies like this is over," said Rep. Chris Murphy, a Connecticut Democrat who won a Senate seat in the November elections.

President Barack Obama and Senate Democrats haven't pushed for new gun-control measures since taking power in the 2008 elections. Outspoken advocates for stricter laws, including Sen. Dianne Feinstein, say that's because of the powerful sway of the National Rifle Association, the gun owners' lobbying group.

But advocates also say the latest shooting is a tipping point that could change the dynamic of the debate dramatically. Feinstein said she will propose legislation next year that would ban big ammo clips, drums and strips of more than 10 bullets.

"It can be done," she said Sunday of reviving a 10-year ban on assault weapons that expired in 2004.

New York Mayor Michael Bloomberg said Obama could use executive powers to enforce existing gun laws, as well as throw his weight behind legislation like Feinstein's.

"It's time for the president, I think, to stand up and lead and tell this country what we should do — not go to Congress and say, 'What do you guys want to do?'" Bloomberg said.

Sen. Joe Lieberman, an independent former Democrat from Connecticut who is retiring, supports such a ban on assault weapons but said there should also be a national commission to scrutinize gun laws and loopholes as well as the U.S. mental health system and the role that violent video games and movies might play in shootings. Democratic Sen. Dick Durbin said he would support such a panel, adding that it was time for a "national discussion" that included school safety.

THE ASSOCIATED PRESS

Independent commissions

Congress has frequently turned to independent bipartisan commissions to try to solve America's worst problems, including the Sept. 11, 2001, terrorist attacks, the Iraq war and the failing economy. But ultimately, lawmakers are often reluctant to act on the recommendations of outsiders, especially if they think it will cost them support in their home states.

No one harmed

Churchgoers flee after phone threat

Worshippers hurriedly left St. Rose of Lima Church Sunday when someone phoned in a threat.

The threat interrupted a crowded mass and touched off a large police response days after the worst massacre of school-age children in U.S. history.

Eight child victims, the gunman, and his mother attended St. Rose of Lima.

The church hosted overflow crowds at all three morning masses Sunday.

THE ASSOCIATED PRESS

More online

Read and see more about the Newton, Connecticut school shooting at metronews.ca, including:

- Portraits of shooting victims show lives at their very start, ended in a hail of gunfire
- Gunman's father speaks of sympathy and heartbreak

Victim mourned in Winnipeg

Ana Marquez-Greene, right, poses with her family. The six-year-old was killed Friday in the Newtown, Conn. massacre. FACEBOOK

Members of a Winnipeg church and school are mourning a six-year-old girl, described as bright and talented, who died in a horrific school shooting in the U.S. on Friday.

Ana Marquez-Greene was one of the 20 children murdered in Newtown, Conn., in a rampage that left 28 dead. Ana, who moved back to Connecticut with her family after a few years in Winnipeg, was the daughter of University of Manitoba professor Jimmy Greene, an accomplished saxophone player.

Greene issued a statement via his Facebook page this weekend.

"Thank you for all of your prayers and kind words of support," reads the posting that was put up Saturday. "As we work through this nightmare, we're reminded how much we're loved and supported on this earth and by our Father in heaven.... I love you sweetie girl."

Her brother, Isaiah, was also at the school during the shooting but escaped unharmed.

ELISHA DACEY/METRO IN WINNIPEG, WITH FILES FROM THE CANADIAN PRESS

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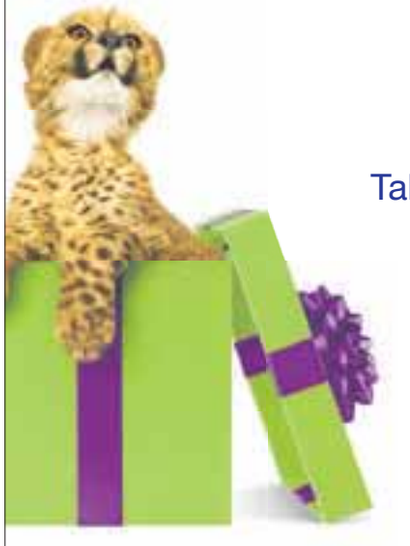

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Groups call for another vote in Egyptian referendum

Alleged violations. Ruling party accused of tampering with polling stations

Egyptian rights groups called Sunday for a repeat of the first round of the constitutional referendum, alleging the vote was marred by widespread violations. Islamists who back the disputed charter claimed they were in the lead with a majority of "yes" votes, though official results have not been announced.

Representatives of seven rights groups charged that there was insufficient supervision by judges in Saturday's vote in 10 of Egypt's 27 provinces and independent monitors were prevented from witnessing vote counts.

The representatives told a news conference that they had reports of individuals falsely identifying themselves as judges, of women prevented from voting and that members of Islamist President Mohammed Morsi's Muslim Brotherhood were allowed inside polling stations. They also complained that some polling centres closed earlier than scheduled and that Christians were denied entry to polling stations.

The vote is the latest stage in a near two-year struggle over Egypt's identity since the ouster of longtime leader Hosni Mubarak in a popular uprising. The latest crisis over the Islamist-backed charter evolved into a fight — deadly at times — over whether Egypt should move toward a religious state under Morsi's Brotherhood and their ultraconservative Salafi allies, or one that retains secular traditions and an Islamic character. THE ASSOCIATED PRESS

Security

120,000

The number of army troops that were deployed to help police protect polling stations and state institutions.

A man walks near barbed wire set up by protesters in Tahrir Square, in Cairo, Sunday. Key Egyptians rights groups called for another vote of the first round of the constitutional referendum. AMR NABIL/THE ASSOCIATED PRESS

Kim Jong Il mourned after successful launch

North Korea parlayed the success of last week's rocket launch to glorify leader Kim Jong Un and his late father on Sunday, the eve of the first anniversary of his death.

The successful firing of the rocket on Wednesday — ostensibly to place a satellite in space — was a clear sign that Kim will continue his father Kim Jong Il's militaristic hardline policies despite international condemnation.

The West sees the rocket as a thinly-disguised way of carrying out UN-banned tests of long-range missile technology, which it says not only threatens regional stability but is also a waste of resources when millions of North Koreans have little to eat in the famine-beset country crying out for economic reforms.

It is also feared that after the rocket launch, Pyongyang will press ahead with a nuclear test to build a warhead small enough to be carried by a long-range missile.

At a sombre memorial service Sunday to start a fresh round of mourning, North Korea's top leadership predictably eulogized Kim Jong Il and his son, who is certain to have gained national prestige and clout by going ahead with the rocket launch.

N. Korean officials leave a meeting on the eve of the anniversary of Kim Jong Il's death. THE ASSOCIATED PRESS

Kim Yong Nam, president of the Presidium of North Korea's parliament, credited Kim Jong Il with building Pyongyang's nuclear weapons program, and called the satellite launch a "shining victory" and an emblem of the promise that lies ahead with his son in power. Top military official Choe Ryong Hae, meanwhile, warned that the army was prepared to defend the country's sovereignty.

Wednesday's launch was North Korea's second attempt in eight months to fulfil Kim Jong Il's 14-year quest to put a satellite into space. International experts confirmed that the rocket succeeded in reaching space.

Criticism of the launch was swift. The United States called it a covert test of missile technology, and UN Security Council condemned the launch as a violation of resolutions barring Pyongyang from developing its nuclear and missile programs. THE ASSOCIATED PRESS

Memorial

North Korea spent the weekend mourning as a lead up to the first anniversary of Kim Jong Il's death.

- **Saturday.** North Koreans began streaming to a bronze statue of Kim on Mansu Hill and to Kim Il Sung Square to pay their respects
- **Sunday.** Kim Jong Un joined the memorial service at the Pyongyang Indoor Stadium on the eve of the anniversary of Kim Jong Il's death

Civil war. Iran proposes plans to end Syrian bloodshed, backs Assad

Iran is backing presidential elections in Syria as part of a six-point plan outlined Sunday to halt the 21-month civil war in Tehran's main Middle East ally.

The plan, described by state media and Iranian news agencies, also calls for efforts to halt the flow of weapons into Syria and to hold talks that include the government of Syrian president Bashar Assad.

Iran in the past has offered initiatives to end the Syrian bloodshed, but none are likely to gain any momentum with the main rebel forces that view Tehran as discredited by its close ties to Assad. On Saturday, Iran's Foreign Minister Ali Akbar Salehi said Iran would do all it could to keep Assad in power.

The latest proposals were offered during the opening of a two-day conference that includes 200 Syrian religious and political figures and envoys from countries including Syrian neighbours Turkey, Iraq and Lebanon, according to the semi-offical Fars news agency. Key Syrian rebel figures did not attend.

Fars said the plan included efforts to halt the flow of arms into Syria, an apparent reference to rebel backing by rival nations, including Turkey and Gulf Arab states such as Qatar and Saudi Arabia. Iran also is believed to supply Assad's military with assistance.

Syrian President Bashar Assad THE ASSOCIATED PRESS FILE

Later steps include creating a transitional government to lead Syria toward parliamentary and presidential elections. The reports gave no indication whether Assad could seek to remain in power under the Iran-backed plan.

In the statement, Iran also called for release of political prisoners and reconstruction of areas damaged in the fighting.

Iran's Supreme Leader Ayatollah Ali Khamenei has called on the Syrian rebel forces to end the uprising and hold talks with Assad — a move that's been soundly rejected by opposition leaders. THE ASSOCIATED PRESS

Japan

Right-wing party wins election in landslide vote

Japan's conservative Liberal Democratic Party returned to power in a landslide election victory Sunday after three years in opposition, according to early returns, signalling a rightward shift in the government that could further heighten tensions with China, a key economic partner as well as rival. THE ASSOCIATED PRESS

Headache

Clinton suffers a concussion

Secretary of State Hillary Clinton sustained a concussion last week after becoming extremely dehydrated and fainting while suffering from a stomach virus, the State Department said.

The doctors did not determine it to be a "severe'' concussion, the official said. THE ASSOCIATED PRESS

Venezuela

Chavez recovers as country goes to the polls

Venezuelans were choosing governors and state lawmakers on Sunday in elections seen as a key test of whether President Hugo Chavez's movement can endure if the socialist leader leaves the political stage.

The vote was the first time in Chavez's nearly 14-year-old presidency that he has been unable to actively campaign. THE ASSOCIATED PRESS

Gunfight

Taliban militants dead after airport raid

Pakistani security forces cornered the last members of a group of Taliban militants who staged a deadly raid on an airport in the country's troubled northwest, and all five died in the ensuing firefight Sunday, officials said.

Three were shot by the security forces and two others blew themselves up in the nearby village where they had holed up, the officials said. THE ASSOCIATED PRESS

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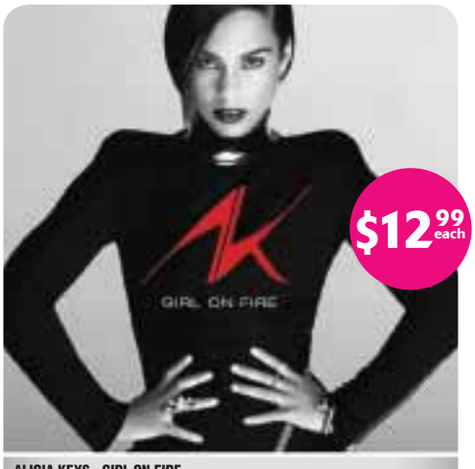

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Pregnant princess. Kate attends first function since hospitalization

The pregnant Duchess of Cambridge made her first public appearance Sunday night since her hospitalization for acute morning sickness.

The former Kate Middleton presented awards at the BBC Sports Personality of the Year prizes broadcast in Britain. THE ASSOCIATED PRESS

The Duchess of Cambridge presents awards Sunday. THE ASSOCIATED PRESS

Ikea monkey. Darwin's owner files lawsuit for return of her pet

The owner of Darwin, the monkey in a faux shearling coat who almost wandered into a north Toronto Ikea store, has filed a lawsuit to get her pet back.

Toronto Animal Services captured Darwin last Sunday and transferred him to a primate sanctuary in Sunderland. Yasmin Nakhuda's lawsuit names the sanctuary and alleges they have "unlawfully detained" the monkey.

The suit also claims that officials only had the right to issue a ticket, not to seize the animal. "The bylaw does not have any provisions that allow the officer to withhold returning the pet," said her lawyer. TORSTAR NEWS SERVICE

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Ontario man's been ready for impending disaster for half a century

Bruce Beach shows off the living quarters in his underground bunker in Horning's Mills, Ont. THE CANADIAN PRESS

Bunker. Whether for the Cuban missile crisis, Y2K or a nuclear catastrophe, Bruce Beach stays prepared

Don't talk to Bruce Beach about doomsday. He's been preparing for impending disaster for a half-century and has seen apocalyptic agitation come and go, like so many fads.

So forgive him for not panicking over the end of the Mayan calendar on Dec. 21, this coming Friday.

The 78-year-old former high school teacher, who has a huge nuclear bunker, built his first shelter for the Cuban missile crisis in the 1960s.

He was prepared to go underground for the Y2K crisis, amid widespread concern that computer glitches might bring down airplanes in 2000. He received lots of calls from people seeking shelter during the 1982 Falklands War.

But his busiest day was Sept. 11, 2001, when his website was bombarded with 85,000 hits within three hours.

People regularly drop in to seek refuge in the shelter he built in the 1980s, named the Ark Two, which is comprised of 42 buried school buses.

The labyrinth, with its kitchens, showers and separate bunk rooms for children and adults, is about 90 kilometres northwest of Toronto, in Horning's Mills.

"People have been in a panic because someone has prophesized the end of the world this particular week or whatever," Beach said.

"They call us up just to make sure we have space in the shelter and I tell them, 'For sure.'" Beach's main concern has always been the threat of nuclear attacks, which he fears are even closer than ever.

THE CANADIAN PRESS

Rules of the road

Cops charge motorist stopped by citizens

A number of motorists in Windsor, Ont., corralled a suspected drunk driver until police arrived.

Police say they received calls Saturday night about a vehicle swerving all over the road with no headlights. When the cops arrived, they spotted a jeep surrounded by four or five cars, preventing the vehicle from travelling anywhere.

Police say a 41-year-old Windsor man blew three times over the legal blood-alcohol limit. He was arrested for impaired driving.

THE CANADIAN PRESS

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Protesting the privatization of health care

A man holds a dummy depicting a health worker during a demonstration Sunday in Madrid, Spain, against cuts to public health care and the privatization of medical centres and hospitals. In Madrid, doctors have already staged 16 days of strikes and health workers' unions are calling for a third 48-hour strike on Dec. 19 and 20. Around 4,000 operations have been suspended in the city since the medical strikes started. PABLO BLAZQUEZ DOMINGUEZ/GETTY IMAGES

Pitfalls of self-publishing

Going it alone. Here are five tips to help you get in on the ebook explosion in 2013

In 2012, Douglas & McIntyre filed for bankruptcy protection, Random House of Canada become the sole owner of McClelland & Stewart, and Penguin and Random House planned to merge.

It's perhaps no surprise that 2012 also saw an explosion in online self-publishing, with a wealth of platforms — including Kobo Writing Life, Amazon Kindle Direct Publishing and iBooks Author — offering authors an alternate avenue.

"We're actually hearing from a lot of different types of authors, some brand new and some successful ... that have had traditional contracts that are just using self-publishing to experiment with new stuff or put books out that they wanted to do on a different cycle than their traditional publishers were," says Libby Johnson McKee, director of Kindle Direct Publishing.

If you have dreams of being a self-publishing sensation in 2013, here are tips on how to stand out:

From left, a Kobo eReader Touch, an Amazon Kindle, an Aluratek Libre Air and a Barnes & Noble Nook are displayed. Platforms that offer authors an alternate way to get published — including Kobo Writing Life, Amazon Kindle Direct Publishing and iBooks Author — have led to a boom in self-publishing. THE ASSOCIATED PRESS FILE

1 The moment you start writing the book, begin building your marketing platform.

"The hardest thing about self-publishing is marketing, not writing, and people find this out too late," says author Guy Kawasaki, who has self-published two books and explains how to do so in the newly released APE: Author, Publisher, Entrepreneur — How to Publish Your Book.

He recommends spending two to three hours a day on writing, and one hour a day building a marketing platform on social media sites such as Google Plus, Facebook, Twitter and LinkedIn.

2 It sounds simple but — write a great book (and know your audience).

"Bad books just don't sell," says Johnson McKee. "And if you write a great book and really work hard on getting your message right, the craft of writing is still the thing that wins the day."

Browse blogs of authors in the same genre and understand what fans like to read.

3 Once the book is written, start crowdsourcing. Get fans, friends, colleagues and others to copy edit and/or review the book.

"Do this immediately before it goes on sale, so that as soon as it goes on sale you have a bunch of great reviews for the book," says Kawasaki (he sent APE in full format to about 1,000 people before he self-published it, and just three days after it went on sale it had about 135 online reviews).

4 Lure in readers by putting your work on various sites and devices. And create catchy metadata, which includes the cover, title, description, biography, and price.

"People judge a book by its cover, they do, so I would strongly recommend that authors consider using a professional cover designer and investing the time and effort in that," says Mark Lefebvre, director of self-publishing and author relations at Kobo. As with an ebook's text, the cover can also be changed once it's out in digital format.

5 Write another great book as soon as possible. Lefebvre notes that passionate and dedicated readers will whip through a book and immediately check to see if authors have written anything else.

This rule is particularly important for genre writers, adds Johnson McKee. "Those types of readers are voracious," she says. THE CANADIAN PRESS

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Can Tory-style lingo change the NDP's fiscal reputation?

Tom Mulcair boasts that he often sounds more like a conservative than Prime Minister Stephen Harper. It may seem an odd thing for the leader of a social democratic party to brag about. But for the NDP leader, it's part of his mission to prove to Canadians that New Democrats aren't the wild-eyed, reckless taxers and spenders of lore.

Indeed, he maintains that's a more apt description of Harper's Conservatives, whom he accuses of racking up a huge environmental, economic and social debt that future generations will have to pay off.

"What's a paradox ... is that these are essentially conservative themes that I'm evoking in the sense that it would be very conservative to say, 'Don't look for a handout, be self-reliant, pull yourself up by your bootstraps,' all that sort of stuff," Mulcair said. "But what the Conservatives are doing is living off the credit card of our grandchildren ... and I think that's wrong."

Mulcair still emphasizes traditional NDP issues: sustainable development and the need to reduce social inequalities. But he's framing them in conservative language, essentially arguing that intergenerational equity requires the current generation to carry its own weight.

THE CANADIAN PRESS

Quoted

"What's a paradox ... is that these are essentially conservative themes that I'm evoking."

Federal NDP Leader Tom Mulcair

U.S. economy

Economic data, fiscal cliff colour year-end trading

Talks aimed at avoiding the so-called fiscal cliff in the U.S. will keep casting a shadow over trading this week as markets begin to wind down for the holidays.

But traders will have key economic data to serve as a possible distraction, including the latest reading on Canadian economic growth and retail sales. And in the U.S., investors will look to see if the strong run-up in housing starts carried on into November.

Going over the cliff involves the automatic imposition of hundreds of billions of dollars in spending cuts and tax increases that could put the U.S. economy back into recession.

THE CANADIAN PRESS

Nepal

Farmers destroy KFC-imported chicken

Poultry farmers in Nepal have stopped trucks importing chicken from India for KFC restaurants and destroyed the cargo.

Nepal has banned chicken from India since bird flu broke out in India four years ago. Chief government administrator of Dhading district Bed Prasad Kharel says farmers stopped and seized two trucks bringing the frozen chicken to Nepal's capital, Kathmandu, on Saturday.

KFC, the only Western fast-food restaurant in Nepal, says it imports its chicken from Brazil. Kharel says tags on the cargo showed it came from India.

THE ASSOCIATED PRES

THE HOME OF THE GUN-TOTING NUT JOBS

URBAN COMPASS
Paul Sullivan
regina@metronews.ca

When you're standing here in Saskatchewan, it's easier to see what's wrong and what to do about it.

Almost every day in America, it seems, some nut case bristling with ordnance straps on a Kevlar vest and heads to the local mall, movie theatre or now, elementary school, and writes his legacy in the blood of innocents.

U.S. authorities, who moved heaven and earth to respond to the threat of terrorism after 9-11, seem utterly impotent to prevent the threat from crazed citizens with guns. This is not just an impression. Startling statistics confirm it.

According to Harvard public safety expert David Hemenway, cited in the New York Times, children between the ages of five and 14 are 13 times more likely to be shot to death as children in other industrialized nations.

There are 30,000 gun deaths in the U.S. every year, according to that same article. And here's the most extraordinary line: "More Americans die in gun homicides and suicides in six months than have died in the last 25 years in every terrorist attack and the wars in Afghanistan and Iraq combined."

And yet, almost any American can buy an assault rifle, especially since the U.S. law banning assault rifles expired in 2004, and the ammunition to go with it. James Holmes, the guy who is accused of killing 12 people at a premiere of the Dark Knight Rises in Colorado, reportedly came to the party with 6,000 rounds, including 100-round clips for his .232 assault rifle. Prior to his assault, he spent $15,000 on guns and ammo and no one thought to ask what he wanted them for.

'Common-sense solutions'

You don't even have to ban guns, just make them harder to buy and operate than a ladder or a Smart car.

One gun dealer thought he probably got a discount for buying in bulk.

And the guy who killed all those poor little children last week allegedly killed his mom first, with her own assault rifle.

You have to think this is finally going to change. Instead of demanding their right to bear arms, people will demand the right to go about their daily lives without being taken out by the lone gunman who has declared war on the local mall.

You don't even have to ban guns, just make them harder to buy and operate than a ladder or a Smart car. There are many practical, common-sense solutions. Here in Canada, for example, there is a 28-day waiting period to buy a handgun, and gun buyers need two people as references. Killers such as James Holmes would never be able to operate here.

Still, the Harper government is determined to dismantle the long-gun registry, a kind of friendly gesture to the gun lobby.

After the Sandy Hook slaughter, I'm surprised there is a still a gun lobby.

I'd like to see one of those Charlton Heston-types from the NRA try to explain to parents of six-year-old Emilie Parker that guns don't kill little girls, people do.

Yeah, but they would not kill so many, many people if they weren't encouraged by lax gun laws to do so.

How much is the doggie made of chains?

NIRIT LEVAV PACKER/REX FEATURES

Recycled animal art

Bicycle chains get upcycled into art

An artist has created a series of incredibly detailed life-size dog sculptures made entirely from bicycle parts.

Israeli-born Nirit Levav Packer's collection includes a full-size greyhound, cocker spaniels and other mutts constructed from recycled bike chains, gears, pedals and even bike seats.

METRO

Element of surprise

Metal mutts are not as tough as they look

At the beginning, Packer was pleasantly surprised that her creations weren't as fierce and hard as the chains of metal imply.

"The first dog I made was a Rottweiler, thinking that the rough edges of the broken metal pieces would loan to the dog's tough persona," she said. "But instead I was surprised to have created a sculpture that was more friendly and cute than intimidating." METRO

Emotional representation

Innermost thoughts shown through dog

In describing her artwork, Packer defines it as, "excitement, curiosity and fun."

"For me, this art is a reflection of my own emotions," Packer said.

"It's a representation of my thoughts from inside out. I love to weld metal and these chains are not heavy, surprisingly soft and flexible. Out of all the materials I use — keys, nails, watches — metal is my favourite."

METRO

Artist's viewpoint

"The biggest challenge for me in this art is to capture the expressions that a real dog would typically make. Thankfully, this type of metal is very flexible."

Nirit Levav Packer, 49, from Tel Aviv

Feline find

Fossils unearthed believed to be from saber-toothed cat

Researchers say a pair of fossils unearthed in the hills north of Las Vegas belonged to a saber-toothed cat.

The Las Vegas Review-Journal reports that a team from California's San Bernardino County Museum identified the fossils dug up in June as being front leg bones from the extinct predator.

Kathleen Springer, the museum's senior curator, says the saber-tooth fossils are thought to be approximately 15,590 years old.

The discovery marks the first of its kind in the fossil-rich Upper Las Vegas Wash.

Springer says the bones of Las Vegas' only known saber-toothed cat are still being studied. There are no immediate plans to display them, but Springer expects that to happen eventually.

THE ASSOCIATED PRESS

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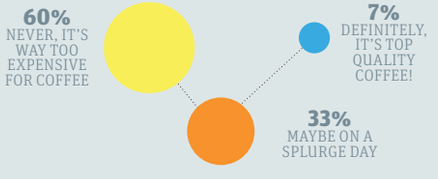

Twitter

@jenpossy: White christmas is so beautiful i dont think i could imagin being anywhere else in the world #love #saskatchewan

@CrystalPearce1: I ran this morning to physically prepare and am now mentally preparing myself for...COSTCO! #YQR. #wishmeluck

@jeffcliff1: If you could change one thing about #yqr, what would it be?

@_DianeRobinson: Sometimes I pretend I still live in Toronto &try to hail a cab in #yqr Tonight walking home in -17, the 4th cab stopped so I tipped him 200%

@MissKSwan: This is a rough estimate but I'm pretty sure 100% of Regina drivers don't understand the concept of the passing lane #figureitout #yqr

metro

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Leslie Mann stars in This is 40, a movie directed by her husband, Judd Apatow. HANDOUT

Keeping it all in the family

This is 40. Leslie Mann talks about working with her children on movies directed by her husband and what middle age is like

NED EHRBAR
Metro World News

Leslie Mann has made quite the career in husband Judd Apatow's movies, playing characters not too different from herself in Knocked Up, Funny People and now This is 40. In fact, much of the squabbling between Mann's Debbie and Paul Rudd's Pete in This is 40 was cultivated at home, making the film a kind of marriage counselling for the parents of two.

"It's like what I would fantasize about saying to Judd," Mann explains. "Like Debbie can say these things to Pete, but Leslie can't really say these things to Judd. It's fun to have this character to live through."

The film also gives Mann another chance to act alongside daughters Maude and Iris. (Like in Knocked Up, Mann and Apatow's real-life daughters co-star as Mann's character's kids.) But there can be trouble when her older daughter tries to take her work home with her, Mann admits.

"It's fun for Maude because we don't allow her to curse at home. I know she does at school," she says. "So it was fun for her to be able to do that at work, which I didn't think was a great idea, but Judd thinks is funny. So that's fun for her. But then she gets home from work and she tries to say the F-word or whatever and we have to shut her down."

Even with Apatow's brand of bold, uncomfortable comedy, Mann says she's game for anything. Of course, she had to draw the line somewhere, but that point has nothing to do with humorous or embarrassing situations.

"The only thing that made me feel uncomfortable in this movie is a scene with Iris when I'm laying in bed with her because it felt a little invasive," Mann admits. "I don't know why, because I can do anything else, but that for some reason felt a little like it was crossing some boundary. Just because everyone was sitting there watching me with my little girl doing what I do with my little girl, and I didn't like that."

As for life after 40, the actress — who hit the milestone herself last March — has found it to be a mixed bag.

"I think every day is different. Some days I feel fine and other days I feel like crying all day," she says. "I have lunches with my girlfriends who just turned 40, and some of those lunches we're crying and screaming about our husbands and saying we want to leave them and run away, and then other lunches we're fine and love our husbands and are happy with our lives."

One thing is for sure, though: A sequel about turning 50 would likely be darker.

"I keep asking women who are a little bit older when is this going to pass, and they're like, 'It doesn't pass. It just gets worse,'" Mann says.

A little on Brooks

Albert Brooks on being a parent in Hollywood

- **Dad.** Albert Brooks, who plays Paul Rudd's leech of a dad in This is 40, knows that it can be uniquely difficult to be a parent in Hollywood — especially around awards season. "I've got kids who are 14 and 12, and you try to keep them from going to the actual movies when they go to the movie theatre, but then you let them watch screeners. So we all gathered around and watched Flight, and it prompted a discussion of cocaine that I never wanted to have."

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OUR TAKE ON THE WORLD OF CELEBRITIES

Russell Crowe ALL IMAGES GETTY

Crowe denies reports and vows to 'bring family back together'

Russell Crowe is taking Page Six to task over reports that he's dating Katie Lee, ex-wife of Billy Joel, while he's separated from his own wife, Danielle Spencer.

"These latest reports are false and cruel," Crowe — who is currently filming A Winter's Tale in NYC and promoting Les Miserables — posted to Twitter.

"As soon as I finish this job and can get home, my priority is to try to bring my family back together."

Hugh Grant

Jon Stewart dubs Grant worst Daily Show guest, and actor accepts it

Jon Stewart recently revealed that Hugh Grant was the worst guest he'd ever had on The Daily Show and he would "never" be invited back, saying at the Montclair Film Festival last week that Grant was "giving everyone s— the whole time. He's a big pain in the ass." Well, Grant got the message, posting to Twitter, "Turns out my inner crab got the better of me with TV producer in '09. Unforgivable. J. Stewart correct to give me kicking."

Twitter

@jtimberlake
Seriously.... The whole Lower East Side of NY looks like Invasion Of The Drunken Santas! I'm not missing out on this next year...

@ElizabethHurley
Hate untangling Xmas lights ...

@kelly_clarkson
I'M ENGAGED!!!!! I wanted y'all to know!! Happiest night of my life last night! I am so lucky and am with the greatest man ever :)

@DanaDelany
Just home from work. Cold pepperoni pizza. Had to go for the red wine-cold rainy night of filming. 5am is like 5pm, right?

The Word

L.A. Reid will not be back for X Factor's third season

THE WORD
Dorothy Robinson
scene@metronews.ca

Considering Demi Lovato and Simon Cowell's contentious behaviour and crazy-side-eyes on this season of The X Factor, it comes as some surprise that it's L.A. Reid who is the first casualty on the judge's panel. The stylishly-dressed music executive will not be coming back next season for the reality TV show.

"I have the utmost respect for Simon Cowell," Reid said Thursday in a statement. Reid claims he is going back to his job of running the Epic music label. "He is the very best, and I have had the opportunity to learn so much from him. Working with him on X Factor has been a once-in-a-lifetime experience. I'm honoured to have sat on the panel with such incredible talent. Of course, I will miss the show," Reid added. "In my opinion, Simon attracts the best talent, but I'm looking forward to getting back to my core business and the responsibility of running Epic Records."

Season 3 already has the go-ahead by Fox, but there's still no word on if Cowell's co-judges — Demi Lovato and Britney Spears — will be back.

Robert Pattinson and Kristen Stewart

No awkward U.K. Xmas ahead as Stewart and Pattinson opt for L.A.

Robert Pattinson and Kristen Stewart will reportedly be spending the holidays together in Los Angeles, ditching an earlier plan to visit Pattinson's family in the U.K. for Christmas, according to E! News. It appears the earlier plan would've led to no small amount of awkwardness, as the Pattinson clan is reportedly still cross with Stewart over her summer cheating scandal. But the reconciled lovers are said to be in such a hurry to celebrate the holidays together that Stewart left the premiere party for On the Road in New York early to get back to California. "The couple will spend Christmas and New Year's together until he leaves on Jan. 8 to start filming his next project," a source says.

Lindsay Lohan

Prosecutors keep eye on Lindsay Lohan and keen to see her do time

When Lindsay Lohan heads back to court next month for a hearing about her possible probation violations, she may be facing her fiercest legal opponents yet. "Prosecutors are going after Lindsay with a vengeance because of her flagrant disregard for the law," a source tells Radar Online. "The L.A. City Attorney's office will present evidence to Commissioner Jane Godfrey that Lindsay has a long, storied history of lying to cops. Prosecutors want Commissioner Godfrey to sentence Lindsay to 245 days behind bars for the probation violation."

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As more airlines impose fees for checked bags, travellers are looking for ways to stuff their carry-on bags full and into overflowing overhead bins. But are you really getting something for free?

The disadvantages to checking a bag is (sometimes) the financial cost, wait times at the baggage carousel or having the bag delayed or lost.

But with a carry-on, downsides include jumping up to wait in line and get on the plane early to secure a bin, (within at least a few rows of your seat) and then hefting a huge bag over your (and others') heads or having to ask

for help to do so.

You're also limited to only 100 millilitres of any liquid (this includes alcohol). Not to mention the jammed in, wrinkled clothes, not having just the right shoes and pulling the suitcase through miles of airport.

And the time you saved? Your checked in pals used it to read an extra chapter, have another glass or visit the washroom in the airport, prior to boarding. Just make sure you consider the real cost, carefully. KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH

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Of wish lists, undesirable gifts and handling high expectations

Holiday demands. Christmas is a time of year when it's important to manage your kids' high hopes

MARY SHELL
Metro World News in New York

Your children may have wish lists a mile long, but Denise Schipani, author of Mean Moms Rule: Why Doing the Hard Stuff Now Creates Good Kids Later, says that when it comes to gifts, more stuff under the Christmas tree isn't necessarily more satisfying.

"The holidays can be sensory overload for adults. It can be that way for your child, too," she says.

Feeling overwhelmed at your children's overwhelming holiday demands? It's up to you to manage their expectations. They can't temper themselves in the throes of the holidays.

"My kids still believe in Santa Claus, and they make their lists," she says. But Schipani makes sure her kids understand these are wish lists and not just a rundown of what they'll get. Choosing one thing from the list allows you to surprise your child, she says. "There's a way for them to feel excited about getting stuff without getting greedy about it."

You won't be a Grinch if your child doesn't get everything they desire — not everybody gets everything they want.

"And when your kids ask for something that's too extravagant, Schipani points to a chapter in her book titled: Say 'No.' Smile. Don't Apologize. Repeat as Necessary.

"It's not damaging to say, 'No,'" she reminds.

On the big day, tune in to your kid's experience and how he or she is reacting to unwrapping the gifts. If there's a tantrum or you see your child's eyes glaze over, take note.

"The reason they're doing that might well be that you've overwhelmed them," she says.

And it's equally important to notice when you see your child stop and really engage with a toy. It means you've given your child something he or she really enjoys — a gift that's probably sufficient on its own.

Finally, remember to set a good example for your kids and take opportunities throughout the year to remind them of the great things they already have.

Avoid cultivating a "more is better" attitude, she notes. "Model the behaviour that you want to see."

Your relatives

When you can't control the grandparents...

- **Meaningful gifts.** "There are relatives that are not going to listen, no matter what," Schipani says. But try having a conversation with family members before the holidays. Tell them to consider whether gifts are age-appropriate or whether a combination of quality time and a meaningful gift might be better for your child than an iPod or Xbox."

Pay attention to your kids' reactions as they open gifts. ISTOCK

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Meatballs and Cranberry Marinara get the party started

1. Heat the oven to 425 F. Coat a rimmed baking sheet with cooking spray.

2. In a large bowl, combine the eggs, cilantro, jalapenos, garlic, fennel, oregano, onion powder, red pepper flakes, 2 teaspoons of salt and 1/2 teaspoon of pepper. Whisk until well combined. Add the ground beef, then mix gently until completely blended. Divide the mixture into 50 balls, using about 2 tablespoons of the mixture per ball. Arrange the meatballs on the prepared baking sheet.

3. Place the baking sheet in the oven and bake the meatballs for 20 minutes. Increase heat to broil and cook for another 1 to 2 minutes, or until lightly browned.

4. Meanwhile, in a medium saucepan over medium heat, combine the cranberry sauce and diced tomatoes. Bring to a simmer. Season with salt and pepper, and a splash of hot sauce.

5. When meatballs are done, arrange on a platter, then spoon the cranberry mixture over them. Serve with toothpicks. THE ASSOCIATED PRESS

Ingredients

- 3 eggs, beaten
- 1/4 cup finely chopped cilantro
- 1 tbsp finely chopped jalapeno slices
- 3 cloves garlic, minced
- 2 tsp fennel seeds
- 2 tsp dried oregano
- 1 tsp onion powder
- 1/2 tsp red pepper flakes
- Kosher salt and ground black pepper
- 3 lbs ground beef (93 per cent lean)
- 14-oz can whole berry cranberry sauce
- 15-oz can diced tomatoes
- Splash of hot sauce

This recipe makes 50 meatballs. MATTHEW MEAD/ THE ASSOCIATED PRESS

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com

What better snack to reach for than popcorn when watching those classic Christmas movies? Just watch those popcorn toppings.

Kernel's double-butter popcorn (9 cups)

1,380 calories / 42 g fat / 1,800 mg sodium
Double anything usually indicates a red flag. The butter really increases the calories and fat.

Equivalent

Nine cups of Kernel's double-butter poporn is equal in fat to 16 Rice Krispie Squares.

Kernel's butter salt popcorn (9 cups)

409 calories / 21 g fat / 352 mg sodium
The butter salt refers more to seasoning than butter amount as reflected in the calories and fat. Sodium is excellent by comparison.

Onion, Bacon & Cheddar Bites. Delectable appy

1. In bowl, whisk flour, baking powder, salt and pepper. In a large bowl, whisk eggs until frothy; whisk in milk. Fold in flour mix, stirring to combine. Fold in bacon, red pepper, cheese and onion.

2. Spoon a heaping 15 ml (1 tbsp) into well-greased mini-muffin cups. Bake in 230 C (450 F) oven until golden and puffed, about 15 minutes. Let cool on rack.

3. Topping: In bowl, mix sour cream and hot sauce. Spoon about 2 ml (1/2 tsp) topping onto each bite. Sprinkle with parsley and red pepper.

4. Cut each in half diagonally and arrange on platter. Serve with small bowl of sweet red chili sauce for dipping. THE CANADIAN PRESS/ FOODLAND ONTARIO

Ingredients

- 425 ml (1 3/4 cups) all-purpose flour
- 10 ml (2 tsp) baking powder
- 2 ml (1/2 tsp) each salt and pepper
- 2 eggs
- 250 ml (1 cup) whole milk
- 4 slices bacon, cooked and crumbled
- 1 sweet red pepper, finely chopped
- 250 ml (1 cup) shredded cheddar cheese
- 125 ml (1/2 cup) minced red onion

Topping

- 50 ml (1/4 cup) sour cream
- 2 ml (1/2 tsp) hot sauce
- Minced fresh parsley and chopped sweet red pepper

Impress your guests with rich and creamy Crab Quiche Bites

When it comes to food, "recooked" isn't generally a term met with much affection. The dairy world, however, gives us a fine exception in ricotta cheese.

Ricotta — Italian for recooked — isn't exactly a stranger to most North Americans, who tend to love it in lasagna. But as cheeses go, its versatility is vastly underappreciated.

Ricotta got its name because it is made literally by recooking the liquid left over from making other cheese, often mozzarella. This is possible because when mozzarella or other cheeses are made, most, but not all, of the protein is removed from the liquid.

That leftover protein can be recooked and coagulated using a different, acid-based process. The result is a soft, granular cheese with a texture somewhere between yogurt and cottage cheese. The taste is mild, milky, salty and slightly acidic.

And that acid is key. When cheese is formed using acid, the proteins become heat resistant. In other words, the cheese doesn't melt. It heats wonderfully, but doesn't reduce to a pool of goo.

Ingredients

- Two 1.9-oz packages frozen mini phyllo dough cups (15 cups per package)
- 1/2 cup part-skim ricotta cheese
- 2 eggs
- 1/4 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp ground black pepper
- 1/2 cup crab meat, finely chopped
- Grated Parmesan cheese

This recipe makes 30 Quiche Bites. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. Heat the oven to 400 F. Arrange the phyllo cups on a rimmed baking sheet.

2. In a blender, combine the ricotta, eggs, garlic powder, salt and pepper. Blend until very smooth. Stir the crab meat into the egg mixture.

3. Carefully spoon a bit of the mixture into each phyllo cup, filling each about three-quarters full.

4. Sprinkle a bit of Parmesan over each cup, then bake for 15 to 20 minutes, or until the filling is set and starting to brown.

5. The quiche bites can be served hot, room temperature or chilled.

THE ASSOCIATED PRESS

The In-Credibility Factor

Name: Sarah Prevette
City: Toronto
Age: 30
Occupation: Founder and CEO of Sprouter

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Sarah Prevette has been hailed as one of the top entrepreneurs in North America. With her work profiled in the Wall Street Journal and Forbes magazine, Prevette is credited with assisting more than 100,000 start-ups around the world through her online company. Sprouter was acquired by the Post Media Network in 2011, but she still runs the company and has started a new venture called BetaKit that is focused on identifying emerging technology trends for Fortune 500 companies.

I knew I was on my way when ... someone came up to me and told me how Sprouter had affected their life. It was profoundly moving to have someone give credit to something you had built as a reason for their success. The incredible feedback from the community continues to be a motivating factor for all of us. I hope I can look back one day and say I acted on my ambitions and that I left the world a better place.

Leaving a legacy

"I hope I can look back one day and say I acted on my ambitions and that I left the world a better place."
Sarah Prevette
Founder and CEO of Sprouter

Action Plan

Don't isolate yourself
Get out early, get feedback and talk to your potential market.

Adjust your course
Iterate based on feedback from your potential market and understand it's a continuous evolution of your business.

Fall in love with the problem, not the solution.
Be focused on the core issue you are trying to solve. You can always change the solution. Don't get caught up in features and functionality.

Sarah Prevette. PROVIDED

Typing up a lecture may now be the norm, but the link between scribing and success cannot be written off.
ISTOCK

When it comes to successful studying, give yourself a hand

The write stuff.
Movement and memory a winning classroom combination

What do fingers and hands have to do with how well studied material can be recalled?

According to research, the physical act of holding a pen and writing something out by hand stimulates critical activity in specific areas of the brain.

In a recent study, one group learned the alphabet by writing the letters out by hand.

The other group read solely off computers. The group who wrote out the letters by hand had better recall and scored better on tests.

According to Dr. Nick Whitehead, the CEO and founder of Oxford Learning, these studies prove what educators have long known about studying and remembering,

"There are many different ways to approach the process of studying, but one of the best-known has always been to create study notes using pen and paper," he said.

It may seem an old-fashioned practice given the abundance of personal technology that students have at their fingertips, but the act of physically writing creates a motor memory in the brain that improves recall.

Not only do study notes help students organize the material, but the act of holding the pen and writing notes makes the study process active rather than passive. NEWS CANADA

The pen is mightiest

"There are many different ways to approach the process of studying, but one of the best-known has always been to create study notes using pen and paper."
Dr. Nick Whitehead
CEO and founder of Oxford Learning

Duly noted

How to create study notes

- Grab a pen and paper
- Read over all in-class or textbook notes.
- Write down subject headings, subheadings, and bolded or key words.
- Focus on writing down the ideas or concepts that are the most challenging, or that are the most difficult to remember.

WHL

Oil Kings send Pats home humbled

Michael St. Croix scored four times as the Edmonton Oil Kings downed the visiting Regina Pats 8-1 on Sunday in Western Hockey League action.

T.J. Foster had two goals and two assists for the Oil Kings (22-7-5), who extended their winning streak to four games, while Klarc Wilson had a goal and an assist.

Brandon Baddock added a single goal and Dylan Wruck had four assists to round out Edmonton's offence.

Stephen Hak had the lone goal for the Pats (12-20-4).

Laurent Brossoit stopped 20 shots for the win as Matt Hewitt turned aside 30-of-38 shots in defeat.

Edmonton was successful with its power play as it scored five times on seven opportunities while Regina failed to score on four chances with the man advantage.

THE CANADIAN PRESS

Sandy Hook tragedy

NFL pays tribute to shooting victims

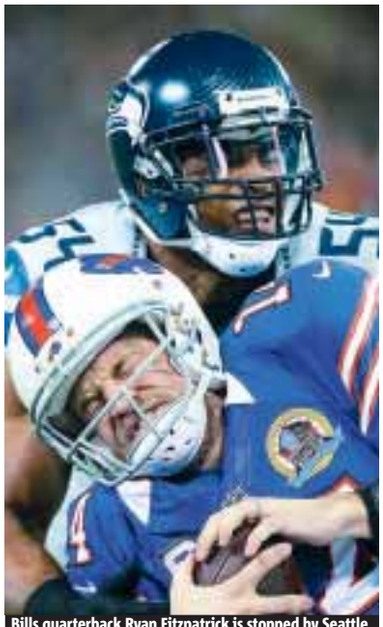
The New England Patriots silenced their "End Zone Militia" on Sunday night, paying tribute to the victims of the Connecticut school shooting by cancelling the traditional scoring celebration in which men dressed as Revolutionary War soldiers fire muskets into the air.

Two days after 20 children and six adults were shot to death at the Sandy Hook Elementary School in Newtown, Conn., the Patriots joined teams across the NFL that honoured the victims' memory by asking for a moment of silence and darkening their scoreboards. THE ASSOCIATED PRESS

Seahawks quarterback Russell Wilson, left, beats Bills strong safety George Wilson to the corner for his third touchdown on Sunday in Toronto. STEVE RUSSELL/TORSTAR NEWS SERVICE

Seahawks quarterback Russell Wilson looks to pass at Rogers Centre. RICK STEWART/GETTY IMAGES

Korean pop star Psy performs at Sunday's halftime show. NATHAN DENETTE/THE CANADIAN PRESS



Bills quarterback Ryan Fitzpatrick is stopped by Seattle Seahawks middle linebacker Bobby Wagner on Sunday at Rogers Centre. STEVE RUSSELL/TORSTAR NEWS SERVICE

Bills' game goes south as NFL comes north

Toronto. Seattle leaves Ontario with lopsided win, officially ending Buffalo's playoff hopes

Even star receiver Stevie Johnson's golden grill couldn't put a shine on this Buffalo performance.

The Bills were hammered 50-17 by the Seattle Seahawks at the Rogers Centre in a 'home game' — and performance — that Buffalo fans probably were only too glad happened in another country.

"The bottom line is we played poorly on offence and defence today," Buffalo coach Chan Gailey said by way of summary.

"We played bad, we played poorly and if you play poorly against a good football team, you're going to look extremely bad and we played poorly and we looked extremely bad. We did," he added.

The ugly loss Sunday, before a less-than-capacity 40,770, officially eliminated the Bills (5-9) from playoff contention for the 13th straight year.

"I guess if you look back at it, it's an ugly loss of course," Johnson, a diamond stud glittering in his cheek and ear, added through golden teeth.

Johnson did his bit, hauling in eight passes for 115 yards. One was a marvellous one-handed grab that quarterback Ryan Fitzpatrick called "one of the best catches I have ever seen in person."

And C.J. Spiller's 103 yards rushing took him over 1,000 for the season.

But the Seahawks carved open the Buffalo defence in the first half, with rookie quarterback Russell Wilson bamboozling the Bills with his mobility.

Seattle's first-half possessions went like this: TD, TD, FG, TD, TD and punt. Still the Bills rallied with a late TD and field goal to cut the deficit to 31-17 at the half.

THE CANADIAN PRESS

Bills in Toronto

50	17
Seahawks	Bills

By the numbers

+50

Sunday's win marked the second straight lopsided win for the Seahawks, who downed Arizona 58-0 last week.

Cys matter: Jays working on trade for Dickey

According to reports, the Blue Jays have a deal in place to acquire National League Cy Young winner R.A. Dickey from the Mets. Dickey went 20-6 in 2012 with a 2.73 ERA. ALEX TRAUTWIG/GETTY IMAGES FILE

The Blue Jays' rumoured blockbuster acquisition of NL Cy Young Award winner R.A. Dickey seems to have come down to 72 hours of direct negotiation with the player.

After two days of intense talks, the Jays and Mets, according to a Fox Sports report, have an agreement in principle including seven players. The Mets have given Jays general manager Alex Anthopoulos until Tuesday at 2 p.m. to talk to the 38-year-old Dickey, who has one year left on his contract, and work out a two-year extension through 2015.

The knuckleballer is rumoured to be going to the Jays along with his personal catcher, Josh Thole, and an unnamed prospect for catchers Travis d'Arnaud and John Buck, pitcher Noah Syndergaard and another prospect.

D'Arnaud and Syndergaard are the No. 1 and No. 3 prospects in the Jays organization, according to MLB.com.

The Jays would likely pull out of any proposed deal if they could not work out the extension with Dickey. At the end of the season, the Mets picked up a club option on the knuckleballer for a very reasonable $5 million, but were looking to lock up the Nashville native for another two seasons. Foiled, they decided to explore a trade.

TORSTAR NEWS SERVICE

Upside out the door?

The 23-year-old d'Arnaud was due to arrive in the majors in 2013. He was the 2011 Double-A Eastern League MVP, and was off to a terrific start in Triple-A this year before suffering a torn left knee ligament in June.

- Noah Syndergaard, 20, was one of the Jays' big three pitching prospects at Lansing in the Class-A Midwest League, posting a 2.60 ERA in 103 2/3 innings with 31 walks and 103 strikeouts.

4 SPORTS

Courting disaster? NHLPA to vote on dissolving union

NHL. Lockout talks shift from boardroom to courtroom with no end in sight

A critical vote was set to begin Sunday that will determine if the NHL labour battle moves from the negotiating table to the courtroom.

The players are casting their ballots on whether or not to give their executive board the authority to dissolve the NHL Players' Association.

Doing so would allow the board to file a disclaimer of interest, which is a step toward disbanding the union and giving the players the chance to file anti-trust lawsuits against the league.

Two-thirds of the union's membership must vote in favour of the move over a five-day period that ends Thursday, then the union executive board must respond.

The league has already taken some pre-emptive action after it filed a class-action complaint on Friday that asked a federal court in New York to make a declaration on the legality of the lockout.

The NHL also filed an unfair labour practice charge with the U.S. National Labor Relations Board.

The union was quick to respond with a statement on Friday night that suggested the league was overstepping its bounds. At that point, it had yet to even be served with the lawsuit.

"The NHL appears to be arguing that players should be stopped from even considering their right to decide whether or not to be represented by a union," it read. "We believe that their position is completely without merit."

Despite the focus of the lockout shifting from the board room to the courtroom, there is nothing preventing the sides from continuing to try to negotiate with one another. They met separately over two days with a U.S. federal mediator this week in New Jersey but failed to make any progress.

THE CANADIAN PRESS

Donald Fehr speaks to reporters on Sept. 13 in New York. GETTY IMAGES FILE

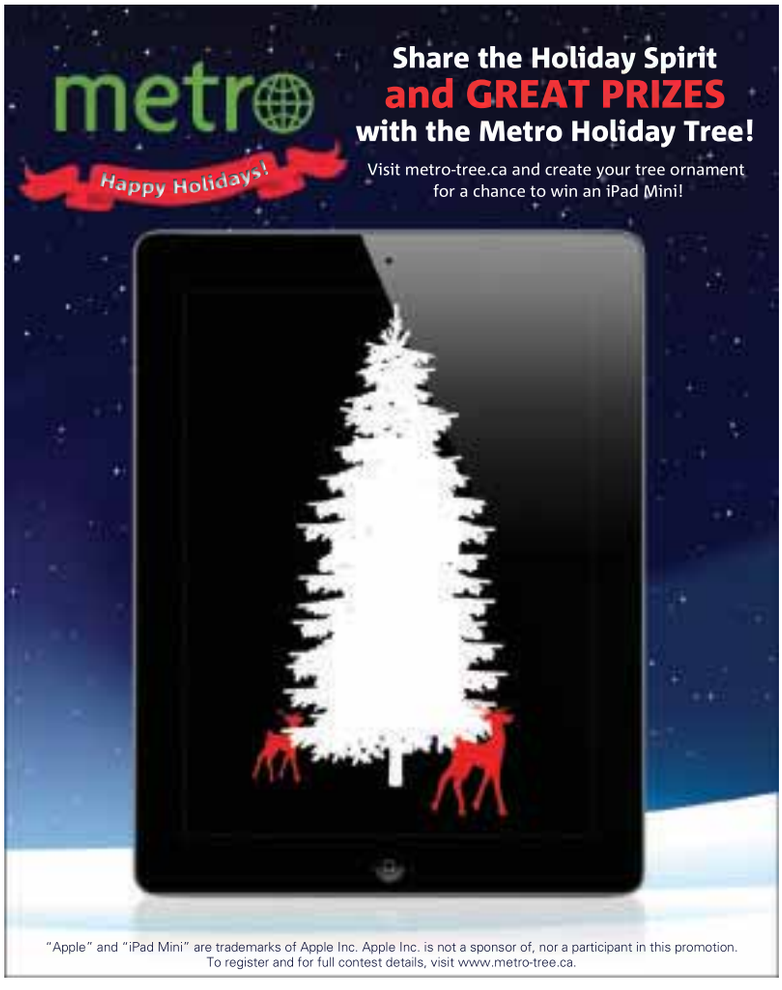
High stakes

By filing the class-action complaint in New York, the NHL guaranteed that the legality of the lockout would be decided in a court known to be sympathetic towards management.

- If the NHLPA files for a "disclaimer of interest" it will seek to have the work stoppage deemed illegal — something that could see players paid triple their lost salary in damages if successful.

Another win for the Raptors

Houston Rockets guard James Harden drives to the basket against the Raptors' Amir Johnson on Sunday in Toronto. The winning continued for the Raptors — for one game at least. Jose Calderon had 18 points, 10 rebounds and 14 assists to lead the short-handed Raptors to a 103-96 win over the Rockets, marking the first time Toronto has won consecutive games in eight long months. AARON VINCENT ELKAIM/THE CANADIAN PRESS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Horoscopes

Aries
March 21 - April 20
Thinking about what might have been is a complete waste of time. You will always get the chance to do things in the future that make up for what you did, or did not do, in the past. Why worry?

Taurus
April 21 - May 21
You are in a can-do mood at the moment and that's good because the planets indicate that if you make an effort, the results will be spectacular. Jupiter in the money area of your chart could make you a fortune!

Gemini
May 22 - June 21
Anything is possible if you want it enough — yes, anything. Identify what it is you most want to accomplish then just go for it, and ignore those who say you are being irresponsible. What do they know? Nothing!

Cancer
June 22 - July 23
If there is something you wanted to finish but for one reason or another failed to see through to the end, don't worry, you'll get another chance. Is it the last chance? Maybe not, but do you want to risk it?

Leo
July 24 - Aug. 23
You can sense that if you want to make changes to your lifestyle you are going to have to make them soon. You have spent enough time thinking and planning, now you must act. It's now or never.

Virgo
Aug. 24 - Sept. 23
Don't think about what you intend to do. Just do it and let the situation unfold according to its own momentum. The year is too old to make detailed plans. Just take each day, and moment, as it comes.

Libra
Sept. 24 - Oct. 23
Try not to tie yourself down to tasks and chores that can be done at any time. Jupiter in your fellow Air sign of Gemini urges you to be adventurous today. Go some place you have never been to before.

Scorpio
Oct. 2 04 - Nov. 22
It might be wise not to get too involved in something your friends are clearly enthused about. Don't worry that you might be missing out. On the contrary, you're making time for more important things.

Sagittarius
Nov. 23 - Dec. 21
It may be a bit too easy to lose your sense of perspective today as mind planet Mercury opposes Jupiter in your opposite sign. Something will annoy you for sure but you don't have to take it seriously.

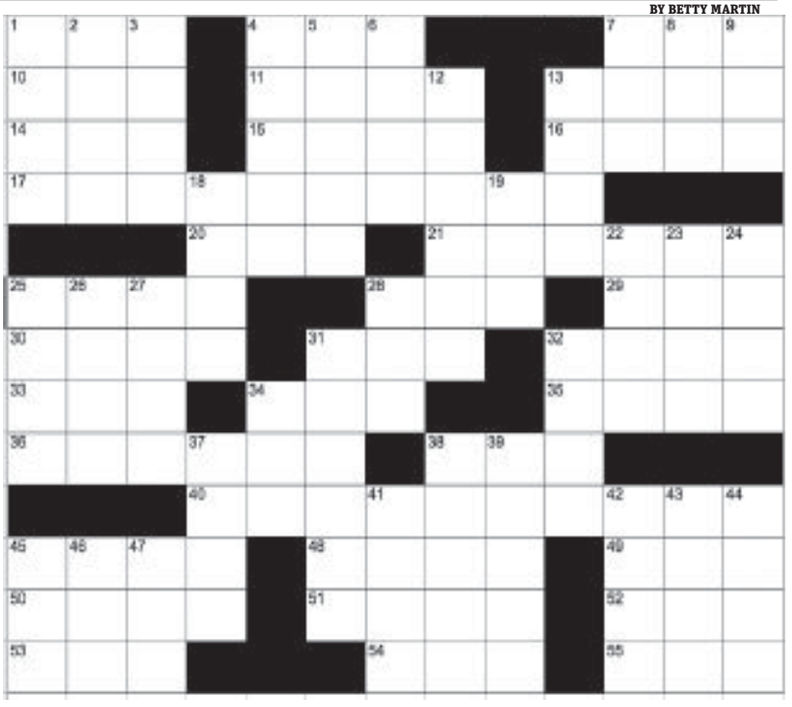
Capricorn
Dec. 22 - Jan. 20
You should be promoting yourself for all you are worth, not only because you are worth more than your rivals but because you have something valuable to offer. Leave your mark on the world and make it a big one.

Aquarius
Jan. 21 - Feb. 19
You won't lack for courage or confidence today but you must make sure they are well directed. This is the perfect time to take a creative endeavour to a higher level. Believe you can do it and you'll find a way.

Pisces
Feb. 20 - March 20
If you have promised to do something for a loved one then you must do it — immediately. Yes, of course, you did not realize that other factors would come into play but that's irrelevant. Promises must be kept. SALLY BROMPTON

Crossword

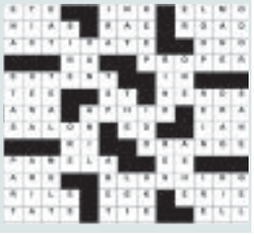
BY BETTY MARTIN



Across
1. Droop in the middle
4. Vacation spot
7. School org.
10. Airport listing
11. Fake fanfare
13. Gait
14. Follower (suffix)
15. Strong handsome horse
16. "Panic —"
17. On the up and up
20. Matter, in law
21. Aftershock
25. Take from the top
28. L.A. Law actress Susan —
29. Gardner of Hollywood
30. Zing
31. Nickname for comedian Bill
32. Shut the door forcefully
33. Founded (abbr.)
34. Touch lightly
35. Jazz great Fitzgerald
36. Front runner
38. Dutch city
40. Give a hand to
45. Group
48. Dublin's land
49. The Naked Truth actress Leoni
50. — of Green Gables
51. Squeal
52. Flub
53. To soak
54. Snake sound
55. Unruly crowd

Down
1. Leave port
2. Comic actor Johnson
3. "Little Miss Sunshine" actor Kinnear
4. Aver
5. French capital
6. Sandler or Baldwin
7. In favour of
8. — Close for Comfort
9. Banking machine (abbr.)
12. Wanes
13. "A — Grows in Brooklyn"
18. Take the creases out
19. Attempt
22. Shopping mecca
23. Racetrack shape
24. Hindu deity
25. Rod accompaniment
26. Threat ending
27. Computer input
28. Speck
31. Kind of beetle
32. Grain
34. Vigor
37. Title for Judi Dench
38. Noblemen
39. Some showdowns
41. Perjures
42. Discussion point
43. Roman Emperor
44. Clothing
45. Road surface
46. Compass bearing (abbr.)
47. Picnic pest

Friday's Crossword



What's online

See today's answers metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku

6			5	1	3			2
					2	7		
	1	2	4			6		
1	8		7		9	3		4
2								9
7		3	8		4		5	6
		5			7	9	6	
		1	2					
8			3	9	5			1

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